



AT EXSPORTISE WE ARE PROUD TO PROVIDE YOU WITH ARSENAL FOOTBALL DEVELOPMENT COACHING

Arsenal Football Development programmes match our own philosophy – to bring out the best in every individual in a fun learning environment. Arsenal Football Development offer boys and girls of all abilities the opportunity to enhance their football skills while learning to 'Play the Arsenal Way'.

- A**ttitude
- R**espect
- S**kills
- E**nergy
- N**ew thinking
- A**ll for one
- L**earning

Development of grass roots Football is essential to any club and Arsenal Football Development have designed a philosophy and a subsequent training programme that is taken straight from the Arsenal Academy and adapted to nurture young talent.

Through Workshops players will learn about:

- Nutrition
- Fitness
- Recovery
- Visualisation
- Game Management
- Injury Prevention

During the course players will improve their:

- Skills
- Confidence
- Concentration
- Communication
- Motivation

The course will teach players to be more:

- Respectful
- Independent
- Responsible
- Accountable
- A Team Player

EXSPORTISE SUMMER SCHOOLS



THE OFFICIAL LANGUAGE PARTNER OF ARSENAL FOOTBALL DEVELOPMENT IN THE UK

PREMIER RESIDENTIAL COURSES FOR INTERNATIONAL STUDENTS AGED 9-17

Sample English Language Skills Plus Football Programme

(this is a sample programme only and changes are at the discretion of the Head Coach)



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Mornings	 <p>Arrival</p>	Breakfast & Morning Meeting						
Player Link		Saka					Emirates Cup	
Lesson 1		Player Assessment Travelling Skills ball mastery / 1vs.1 attacking / running With the ball / turns	Possession Principles passing over short And medium distances to feet or space, aerial releases etc.	Advanced Receiving Skills managing the ball, setting, playing around the corner	Finishing & Defending 1 vs. 1 with GK, ball moving towards / Away, finishing from wide areas	Small Sided Games assess learning of players, and give in-game guidance		
Lesson 2		Decision Making when to pass, dribble or shoot	Building Attacks positioning, Movement and support, methods to play out from the back	Creating Space movement and support play	Final Third Play combinations, penetrations and final product	Team Shape reading triggers, compactness, when to press, drop or hold		<p>Departure or for two week stay 2 full day excursions: Emirates Stadium Tour and one other trip</p> 
Lesson 3		5-a-side possession	7-a-side possession play	7-a-side with goals	Conditioned close control & game	5-a-side competition awards		
Game Play								
Developing		Confidence	Concentration	Commitment	Control / Composure	Communication		
Afternoons		Lunch, Afternoon Meeting & Free Time						
Lesson 1		English assessment & tour of centre	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)		
Lesson 2		Grammar & Vocabulary (Core English)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)		
Lesson 3	Reading/listening, Writing/speaking (Integrated Skills)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration) Progress test			
	Dinner, Workshops & Bed Time							

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